

What is claimed is:

1.A multipurpose exerciser, comprising an upright frame, a top pulley on the frame, a steel rope adapted to run a grooved rim of said top pulley, a plurality of
5 stacked blocks of weight fastened at one end of said steel rope, a lower pulley adjacent said blocks of weight with the other end of said steel rope passed said grooved rim thereof, a pair of left and right first C-shaped tubes coupled to the other end of said steel
10 rope, a pair of left and right second C-shaped tubes, and a first chain having both ends coupled to said second C-shaped tubes respectively and a midpoint fastened at the floor, wherein two or more of said legs and said arms of a person are adapted to pass two or
15 more of said first and said second C-shaped tubes for exercising.

2.The multipurpose exerciser according to claim 1, wherein each of said first and said second C-shaped tubes comprises a circular second chain, a plastic
20 inner sleeve with said second chain passed, and at least one resilient outer sleeve fitted on said inner sleeve.

3.The multipurpose exerciser according to claim 1, further comprising a first ring formed at the other end
25 of said steel rope, a third chain having a midpoint

coupled to said first ring, and two second rings each coupled to both ends of said third chain.

4. The multipurpose exerciser according to claim 2, further comprising two third rings each coupled to
5 said exposed portion of said second chain and either end of said first chain.

5.The multipurpose exerciser according to claim 1, further comprising a pad on the floor between said left and right first C-shaped tubes and between said left
10 and right second C-shaped tubes.

6.The multipurpose exerciser according to claim 1, wherein each of said blocks of weight comprises left and right channel, said multipurpose exerciser further comprising two posts passed said left and right
15 channels respectively to fasten between said top and said bottom of said frame.